

Weekly Drop in Programs				
Monday	Tuesday	Wednesday	Thursday	Friday
8:45 a.m. Tai Chi 9:00 a.m. Pool Cues 10:00 a.m. Theatre Workshop 10:00 Zumba Gold 11:00 a.m. Ageless Grace 1:00 p.m. Games 1:00 p.m. NewsTalk 2:00 p.m. Yoga: chair 4:00 p.m. Nia	9:00 a.m. Muscles & Movement 9:00 a.m. Intermediate Spanish 9:30 a.m. Beg. Bridge & Coaching 10:30 a.m. Shimmy & Strength 1:00 p.m. Bingo 1:30 p.m. Swing Band	9:00 a.m. Pool Cues 9:00 a.m. Chamber Ensemble 9:30 a.m. Drawing and Painting! Open Studio 12:00 p.m. Zumba Gold	9:00 a.m. Knitting 10:00 a.m. Beginner’s Tai Chi 10:30 Mandarin Conversation 11:00 a.m. Tong Ren 11:45 a.m. Tai Chi 1:00 p.m. Games 1:00 p.m. Yoga: chair 1:00 p.m. French Salon 2:00 p.m. Yoga: mats	9:00 a.m. Muscles & Movement 9:00 a.m. Pool Cues 10:00 a.m. Beg. French 10:30 a.m. Shimmy & Strength 12:00 p.m. Poker 1:00 p.m. Chess 1:00 p.m. Bingo
2 11:45.....Lunch Beef stew or tortellini salad 12:45.....Beyond Balance 1:00-2:30.....Low Vision Group POOL CUES CANCELLED	3 11:00-12:00....Hearing Screening 11:45.....Lunch Tortellini pesto or tuna sandwich 12:30-2:00....Poetry Workshop 5:30-8:00....Veteran’s Center at City Hall ELECTION DAY: FITNESS CLASSES & SWING BAND CANCELLED	4 10:45.....Beyond Balance 11:45.....Lunch Chicken Marsala or egg sandwich 1:30-3:00.....Adult Flu Clinic 1:00.....Movie: <i>Elsa & Fred</i> POOL CUES & DRAWING AND PAINTING! OPEN STUDIO CANCELLED	5 8:45-9:45.....Mindful Meditation 10:00-12:30....Diabetes Self-Management 11:45.....Lunch Salsa baked fish or Roast beef sandwich	6 11:45.....Lunch Vegetable omelet or garden salad w/ chicken breast 1:30-3:00.....Brain Wellness Series 2:00-3:00...LGBT Mindfulness Information Session POOL CUES CANCELLED 7 9:00-12:00.....Community Shredding Day
9 11:45.....Lunch Salmon fillet w/ dill sauce or roast beef sandwich 12:45.....Beyond Balance 7:00-8:30 p.m.....Living and Aging in Newton Housing Panel at Newton Free Library POOL CUES CANCELLED	10 11:45.....Lunch Lasagna w/ marinara or ham & Swiss sandwich 12:30-2:00....Poetry Workshop 1:30-3:00...Caregiver Support Group 3:00-6:00.....Self-Defense 4:00-6:00...LGBT Mindfulness	11 VETERAN’S DAY: SENIOR CENTER IS CLOSED 11:11.....Veteran’s Day Celebration at Post 440	12 9:15-6:15 Newport Playhouse 8:45-9:45.....Mindful Meditation 9:30...Men’s Club at <i>Johnny’s</i> 10:00.....Mystery Book Club at Library 10:00-12:30....Diabetes Self-Management 11:45.....Lunch Greek Chicken or Egg sandwich	13 11:45.....Lunch Meatloaf w/ gravy or Tuna salad sandwich 1:30-3:00.....Brain Wellness Series 2:30-3:30.....Clutter Group POOL CUES CANCELLED
16 10:30-3:30.....AARP Smart Driver Program 11:45.....Lunch Honey mustard chicken or roast beef sandwich 12:45.....Beyond Balance	17 11:45.....Lunch Fish Florentine or turkey sandwich 12:00...November Birthday Party 12:30-2:00....Poetry Workshop 1:00-2:00.....Facebook 101 2:30-3:30.....Shrink Your Drink 3:00-6:00.....Self-Defense 4:00-6:00...LGBT Mindfulness SWING BAND CANCELLED	18 9:00-12:00...MetroWest Legal Clinic 10:00.....Alderman Danberg 10:45.....Beyond Balance 11:45.....Lunch Beef stuffed peppers or Curry chicken salad sandwich 1:00-2:00....Genealogy: Researching your Ancestors 2:30-3:30....Shopping Rights:	19 8:45-9:45.....Mindful Meditation 10:00-12:30....Diabetes Self-Management 10:00.....Men’s Club 10:30-11:30....Short Story Group 11:45.....Lunch Thanksgiving Special: Roast turkey w/ gravy; cornbread; whipped potatoes; pumpkin pie 12:30.....Ceramics	20 9:00-10:00.....Alderman Norton 10:00-11:30.....Book Club 11:45.....Lunch Hot dog or seafood salad sandwich 12:00.....Dialogue with Director 1:30-3:00.....Brain Wellness Series
23 11:45.....Lunch Lentil stew or egg sandwich 12:45.....Beyond Balance ZUMBA GOLD CANCELLED	24 11:45.....Lunch Sweet potato Pollack or roast beef sandwich 12:30-2:00....Poetry Workshop 1:30-3:30....Mah Jongg (II) 3:00-6:00.....Self-Defense 4:00-6:00...LGBT Mindfulness 6:30.....LGBT Program	25 9:30-11:30....Mah Jongg (I) 10:45.....Beyond Balance 11:45.....Lunch Chicken w/ creamy Italian sauce or chef salad w/ turkey SENIOR CENTER CLOSSES AT 1:00	26 THANKSGIVING DAY: SENIOR CENTER IS CLOSED 10:00-2:00....Thanksgiving Day Lunch	27 11:45.....Lunch Cold lunch box: Chicken salad sandwich; salad; lo mein pasta; applesauce
30 10:30-11:30....Parkinson’s Support Group 11:45.....Lunch Stuffed shells w/ marinara or roast beef sandwich 12:45.....Beyond Balance	1 11:00-12:00....Hearing Screening 11:45.....Lunch Traveling Chef makes paninis 12:30-2:00....Poetry Workshop 1:30-3:30....Mah Jongg (II) 3:00-6:00.....Self-Defense 4:00 -6:00...LGBT Mindfulness 5:30-8:00.....Veteran’s Center	2 9:30-11:30....Mah Jongg (I) 10:45.....Beyond Balance 11:45.....Lunch Pot roast or chef salad w/ turkey 12:30-2:30...QPR Suicide Prevention Training 1:00.....Movie: <i>Non-Stop</i> 2:00-3:00.....CharlieCard Event	3 8:45-9:45.....Mindful Meditation 9:00-12:00.... Oil Painting 10:00-12:30....Diabetes Self-Management 11:45.....Lunch Chicken Picatta or tuna salad sandwich 12:30.....Ceramics	4 11:45.....Lunch Potato Pollack or chicken salad on salad 1:30-3:00.....Brain Wellness Series
7 11:45.....Lunch Roasted turkey w/ gravy or ham & Swiss sandwich 12:45.....Beyond Balance 1:00-2:30.....Low Vision Group	8 11:45.....Lunch Chicken Paprika or roast beef sandwich 12:30-2:00....Poetry Workshop 1:30-3:30....Mah Jongg (II) 4:00-6:00...LGBT Mindfulness	9 9:30-11:30....Mah Jongg (I) 10:45.....Beyond Balance 11:45.....Lunch Hot dog or egg sandwich 11:45-12:30....Health Chat: The Importance of Vitamin D 2:30-3:30.....Osteoarthritis: Protecting your Joints	10 8:45-9:45.....Mindful Meditation 9:00-12:00.... Oil Painting 9:30...Men’s Club at <i>Johnny’s</i> 10:00.....Mystery Book Club at Library 10:00-12:30....Diabetes Self-Management 11:45.....Lunch Creole Fish or turkey sandwich 12:30.....Ceramics	11 10:00-11:30.....Book Club 11:45.....Lunch Cheese omelet or ham chef Salad 1:30-3:00.....Brain Wellness Series 2:30-3:30.....Clutter Group
14 11:45.....Lunch Spinach & red pepper frittata or ham & Swiss sandwich 12:45.....Beyond Balance	15 11:45.....Lunch Holiday Special: Beef Burgundy; potatoes; roasted vegetables, chocolate trifle 12:00...December Birthday Party 1:30-3:00...Caregiver Support Group 4:00-6:00...LGBT Mindfulness	16 9:30-11:30....Mah Jongg (I) 10:00.....Alderman Danberg 10:45.....Beyond Balance 11:45.....Lunch Fish w/ broccoli cheese sauce or roast beef sandwich 1:00-2:00....Happy Holiday Celebration	17 8:45-9:45.....Mindful Meditation 9:00-12:00.... Oil Painting 10:00-12:30....Diabetes Self-Management 11:45.....Lunch Chicken Ginger or egg sandwich 12:30.....Ceramics	18 9:00-10:00.....Alderman Norton 11:45.....Lunch Hot dog or seafood sandwich 12:00.....Dialogue with Director 1:30-3:00.....Brain Wellness Series
21 11:45.....Lunch Chicken Marsala or roast beef sandwich 12:45.....Beyond Balance	22 11:45.....Lunch Salmon fillet or chicken pesto salad 12:15-1:30...Tiger’s Loft 1:30-3:30....Mah Jongg (II) 4:00-6:00...LGBT Mindfulness 6:30.....LGBT Program SWING BAND CANCELLED	23 9:30-11:30....Mah Jongg (I) 10:30-11:30....Holiday Sing-Along 11:45.....Lunch Chop Suey or egg sandwich 2:00-3:00....How to Prevent Identity Theft	24 8:45-9:45.....Mindful Meditation 10:00.....Men’s Club 11:45.....Lunch Beef stew or seafood sandwich 12:30.....Ceramics	25 CHRISTMAS DAY: SENIOR CENTER IS CLOSED
28 10:30-11:30....Parkinson’s Support Group 11:45.....Lunch Fish sticks or Curry chicken salad sandwich	29 11:45.....Lunch Roast pork or egg san dwich 1:30-3:30....Mah Jongg (II)	30 9:30-11:30....Mah Jongg (I) 11:45.....Lunch Macaroni & cheese or turkey sandwich 1:00.....Movie: <i>Wild</i> NO CHAMBER ENSEMBLE	31 8:45-9:45.....Mindful Meditation 10:30-11:30....Short Story Group 12:00-1:00....New Year’s Day Celebration (12:30.....Ceramics	NOVEMBER/ DECEMBER 2015